

## Women's Mental Health Network

This is a question sheet from Wish.



Wish is a mental health charity for Women. It is user led. This means that women who have mental health needs run the charity.



Please tell us what you think is most important to speak up about to do with:

- Mental health services
- Courts and justice
- Prisons
- NHS services and
- Services from the council



We want to speak up to these services. Please tell us what the most important area is for you. Please tell us what needs to get better.

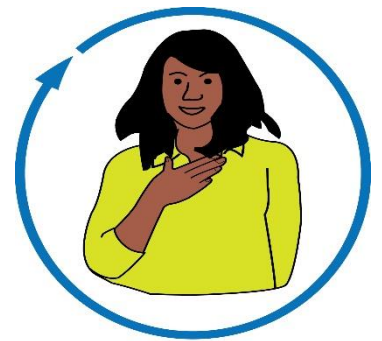


Wish will campaign on the area that women say needs to get better the most.



## Information about you

If you want to know more and become part of the network please tell us about you.



We will keep your information private

The privacy policy is on line at

[www.womenatwish.org.uk/privacy-policy](http://www.womenatwish.org.uk/privacy-policy)



**Name:**



**Address:**

**Email Address:**



☐ I would like to become a member of the Women's Mental Health Network



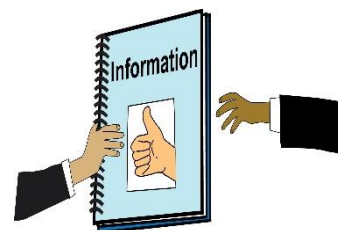
☐ I would like to write an online diary for the Women's Mental Health Network.



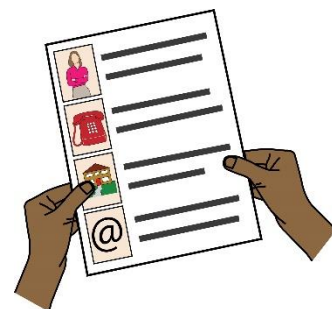
☐ I would like to help in campaigns and making them better.



Please share this questionnaire with as many women as you can. We would like to hear from lots of women from lots of different backgrounds.



If you have any questions, please email us on [womensmhnetwork@gmail.com](mailto:womensmhnetwork@gmail.com), or phone us on 020 8980 3618



If you want to print this and send it back to us by post please address it to: Wish, Freepost RTSB-ZASG-URRB, 15 Old Ford Road, London, E2 9PJ

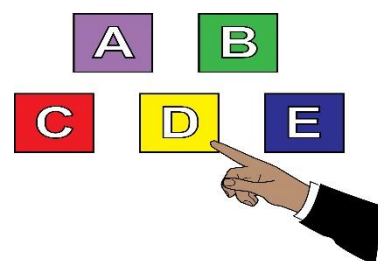


## Consultation

This is a list of the ideas from five focus groups that the Women's Mental Health Network had.



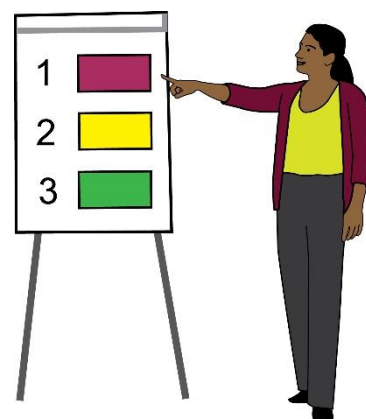
Please choose your top three areas that are the most important to you.



Write number 1 next to the first choice of area.

Write Number 2 beside the second choice.

Write Number three beside the third choice.



**The areas to choose from start on the next page.**

## Choice A

We don't want to tell our stories over and over.



We don't want to repeat it to staff in different places.



We want a system in place where we are in charge of our story but do not have to keep going through it.

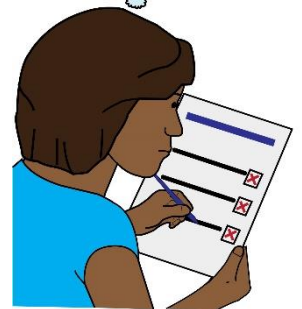


## Choice B

Sometimes it's not right to have men giving services to women.



It can make us feel the emotions again.  
We think the role male staff should be  
looked at.



These staff could be male care  
coordinators. The staff could also be Male  
psychiatrists or male mental health staff in  
Accident and Emergency.

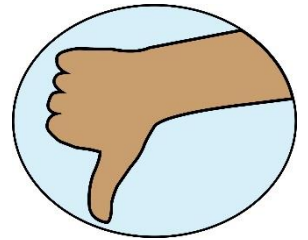


## Choice C

We should not get in trouble for being upset.



For example getting arrested or taking away our services.



Another example is giving us lots of rules in hospital.



## Choice D

Most women should not be in prison to start. But this is still happening.



Prisons should understand what women need.



Women should get mental health support. There should be enough health care places for women.



We should have proper mental health care wherever we are. We should have plenty of mental health care when we need it.





## Choice E

The police are the first to see victims of domestic violence and women with a mental crisis.



We want the police to take domestic violence seriously.



We want them to understand all forms of abuse.

This can also be abuse that you can't see.



The police need to be aware of physically restraining people. This is when they use physical ways to stop people.



It can make us relive something that happened to us.



## Choice F

Women with any label need women only talking therapy.



We do not want just more medication.



We want medical people to think about our life and past trauma when we have medical help. Past trauma are things that are bad that have happened to us in the past.

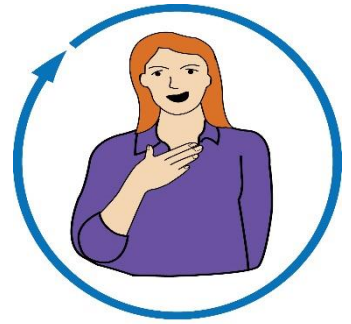


It is very important for those of us who are labelled with complex needs, post-traumatic stress disorder or personality disorder.



## Choice G

We want to be treated like human beings across services.



We want to be listened to.

We want to be believed.

We want to be treated with respect.



We want staff to know we are the experts on our own mental health. We want to be listened to properly.



## Choice H

We want a model of help when we need it at the start of getting mental health needs.



We want resources to make sure there is support and services that are right for us. We want a plan that happens across the whole country.



We want a person whose job it is to help us at this early stage. They should always be the same person.



They should be able to help us to understand what is happening now and things that have happened to us in the past. We want them to help us understand how these things make a difference to how we are now.



## Choice I

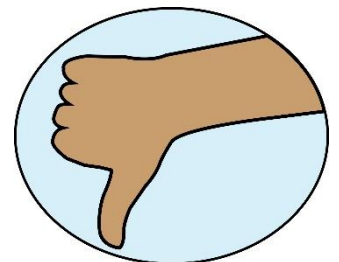
We want everyone to understand what affects there is when you separate children from their mothers.



Social services can take the idea that mental health conditions are bad and people will not get better.



They don't think about harm of separation mother and child. This harm can last for a lifetime for the mother and a lifetime for the child.



## Choice J

We want hospitals to be places of safety and support for distressed women. We don't want to feel unsafe or ignored or judged.



We feel this way on mental health wards and in Accident and emergency.



## Choice K

We want services to commit to housing.  
We want safe housing. We want to  
afford housing.

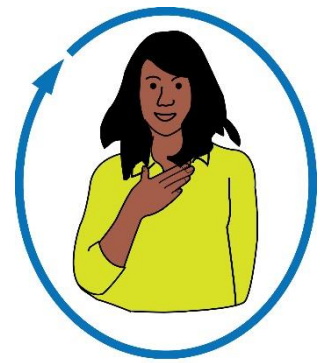


We want a choice of women only  
housing. Our mental health relies on a  
safe and secure place to live.



## Choice L

We want to be treated as a whole person.  
We want a holistic assessment.



This means looking at everything about us. This includes counselling, advocacy and intensive support in the community.



We want to make sure we live our lives.  
We want to enjoy living our lives.



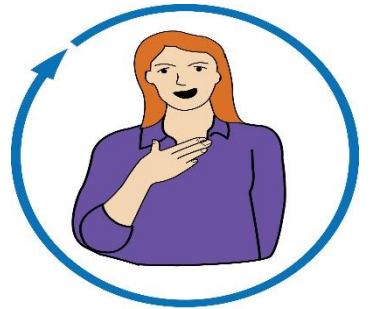


## Anything else

If there is anything else you think we should campaign about please write it here:



If there are any examples you want to give, please write them here:

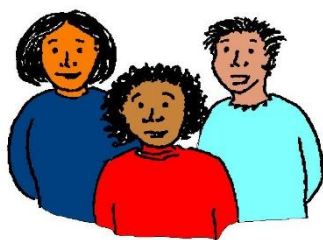


## Diversity Monitoring

The information in this form will only be used only to make sure that we get in touch with women from different backgrounds and with different life experiences.



The information be treated as confidential, this means private. Please tell us about you by ticking the boxes below.



### 1. Which ethnic groups are you part of?

White	Mixed heritage	Asian or Asian British
<input type="checkbox"/> White British	<input type="checkbox"/> White and Asian	<input type="checkbox"/> Indian
<input type="checkbox"/> White Irish	<input type="checkbox"/> White and Indian	<input type="checkbox"/> Pakistani
<input type="checkbox"/> Other White background	<input type="checkbox"/> White and Black African	<input type="checkbox"/> Bangladeshi
	<input type="checkbox"/> White and Black Caribbean	<input type="checkbox"/> Other Asian background
	<input type="checkbox"/> Other Mixed background	

Black or Black British	Chinese or other ethnic group	Gypsy / Traveller
<input type="checkbox"/> Caribbean	<input type="checkbox"/> Chinese	<input type="checkbox"/> Irish traveller
<input type="checkbox"/> African	<input type="checkbox"/> Any other (please tell us)	<input type="checkbox"/> Gypsy
<input type="checkbox"/> Other Black background		<input type="checkbox"/> Romany



## 2. What age group are you part of?

- |                                   |                                  |  |
|-----------------------------------|----------------------------------|--|
| <input type="checkbox"/> Under 18 | <input type="checkbox"/> 18 – 30 | <input type="checkbox"/> 31 – 50           |
| <input type="checkbox"/> 51-64    | <input type="checkbox"/> 65+     | <input type="checkbox"/> Prefer not to say |



**3. Religion or belief** Which group below do you feel you most belong to?

- ☐ No religion    ☐ Hindu    ☐ Sikh
- ☐ Bahá'í    ☐ Jain    ☐ Prefer not to say
- ☐ Buddhist    ☐ Jewish    ☐ Other, please state:
- ☐ Christian    ☐ Muslim
-

#### 4. Sexual Orientation & Gender Identity

How would you describe your sexual orientation?

**Sexual orientation:** this is whether you feel like you would like to be with a man, a woman or both.

**Gender identity:** this is whether you feel that you are a man or a woman.

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Heterosexual / straight | <input type="checkbox"/> Gay / lesbian     | <input type="checkbox"/> Bisexual / pansexual       |
| <input type="checkbox"/> Asexual                 | <input type="checkbox"/> Prefer not to say | <input type="checkbox"/> Other, please state: _____ |

Would you describe yourself as trans, **transgender** or **non-binary**?

**Transgender:** this is when a person feels that the sex that they were born with is not the sex that they are. The person can dress like or have an operation to be the sex that they feel they are

**Non-binary:** this is when a person is a gender that does not fall into either male or female

- |                              |                             |  |
|------------------------------|-----------------------------|--|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Prefer not to say |
|------------------------------|-----------------------------|--|

## 5. Disability or Health Status

Do you have a disability, impairment or long-term health condition? If so, you may tick one or more of the boxes, or use your own words below:



- ☐ Mental health condition
  - ☐ Physical impairment or condition that affects the way you move, or other physical movement
  - ☐ Sensory impairment, such as being blind/having a serious visual impairment or being d/Deaf/having a serious hearing impairment
  - ☐ Learning difficulty or disability
  - ☐ Neurodiverse condition such as autism or ADHD
  - ☐ Alcohol or substance misuse
  - ☐ Long standing illness or health condition, such as cancer, HIV, diabetes or epilepsy
  - ☐ Other, please tell us:
- 

Do you think of yourself as a Disabled person?

- ☐ Yes                      ☐ No                      ☐ Unsure

## 6. Use of public services

Which of the following public services have you used / been in touch with, at any point in your life?



- |  |   |
|--|---|
| <input type="checkbox"/> Adult community mental health services  | <input type="checkbox"/> Adult acute inpatient mental health services |
| <input type="checkbox"/> Adult specialist inpatient mental health services (e.g. secure, eating disorder, mother and baby) |   |
| <input type="checkbox"/> Adult social care services  | <input type="checkbox"/> Children and Families social care services   |
| <input type="checkbox"/> Child & Adolescent mental health services (CAMHS)   |   |
| <input type="checkbox"/> NHS substance misuse services   |   |
| <input type="checkbox"/> Prison  | <input type="checkbox"/> Probation                                    |
| <input type="checkbox"/> Other, please specify:  |   |
-

## 7. Life experiences

Have you ever had experience of the following, at any point in your life?

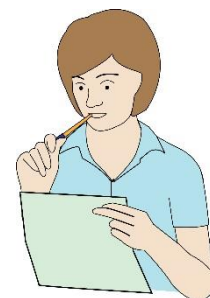
☐ Domestic  
violence /  
abuse

☐ Homelessness

☐ Prefer not  
to say



Thank you for taking the time to fill in this questionnaire.



You can return it by email to:

[womensmhnetwork@gmail.com](mailto:womensmhnetwork@gmail.com)

or by post to: **Wish, Freepost RTSB-ZASG-URRB,  
15 Old Ford Road, London, E2 9PJ**

